



Timetable for COPELAND

September - December 2025

Enrolment:

To enrol click on this link to enrol for [Copeland Courses and Groups](#) suitable for **Parents, Children and Young People and Families.**

If you are viewing this as a paper copy, call 0808 196 1773 for free during working hours 9am - 4pm or send us an email hello@ncrecoverycollege.org and we will arrange a time to call you back.

You will find course descriptions and our frequently asked questions at the end of the timetable.

Based on demand some courses may be changed or replaced with alternative courses to ensure we are meeting the needs of our service users as best as possible.

Where we work from (all areas):

Allerdale:

16 Jane Street, Workington, CA14 3BB

Copeland:

Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN

[Click here to Enrol](#)

Copeland in person sessions – September/October

<p>Tuesday 30/09/2025 07/10/2025 14/10/2025 21/10/2025 *28/10/2025*</p>	<p>Wednesday 10/09/2025</p>	<p>Thursday 18/09/2025</p>
<p><u>Time to Change Community Centre, Kells, Whitehaven, CA28 9AN</u></p> <p><u>Anxiety Workshop – 5 weeks</u> <i>(For Families)</i> 4:30pm – 5:30pm</p> <hr/> <p><u>*Supporting your child's mental health*</u> <i>(for parents/carers)</i> 10:00am – 12:00pm *28th October Only*</p>	<p><u>Time to Change Community Centre, Kells, Whitehaven, CA28 9AN</u></p> <p><u>Taster/Information Session</u> 4:00pm – 5:00pm</p>	<p><u>Time to Change Community Centre, Kells, Whitehaven, CA28 9AN</u></p> <p><u>Taster/Information Session</u> 4:00pm – 5:00pm</p>

Copeland in person sessions – November/December

<p>Tuesday 04/11/2025 11/11/2025 25/11/2025 02/12/2025 09/12/2025</p>
<p><u>Time to Change Community Centre, Kells, Whitehaven, CA28 9AN</u></p> <p><u>Managing Behaviour and Emotional Regulation – 5 weeks</u> <i>(for parents/carers to support young people)</i> 5:00pm – 6:00pm</p>

Course Descriptions

Anxiety Workshop – this session is for parents and children to attend together

This engaging session is designed to help children, and their parents explore anxiety in a safe, supportive space. Through creative activities and simple techniques, we'll learn how to spot the signs of anxiety and learn strategies and skills to manage day to day.

Taster/Information Session – this session is for families

Come along to our information session and find out more about the WCMHP Recovery College and the courses/workshops that we offer. Hosting a small taster session of provision to learn more about what we have on offer for Parents, Carers, Families and Children and Young People.

Managing Behaviour and Emotional Regulation – for parents/carers to support young people

A course for parent's and carers to build confidence in supporting their children's wellbeing through learning ways to reduce escalating challenging behaviours and support emotional difficulties.

Supporting your Child's Mental health – for parents/carers

This workshop is for parents and carers who want to improve their understanding of a child's mental health, gain confidence in how to talk to children about their mental health, and feel better equipped to support your child with mental health concerns.

West Cumbria Mental Health Partnership Recovery College

- Frequently Asked Questions

What is a Recovery College?

It's a place you can go to learn techniques and strategies to help manage mental and physical wellbeing for yourself or someone you might be caring for. Sessions are supported by Lived Experience Peers which includes NHS Peer Supporters, Together We CIC Volunteers and helpers.

Who is a Recovery College for?

The West Cumbria Mental Health Partnership Recovery College is for Parents, Children and Young People and Families that would like to improve their overall mental health and physical wellbeing. Our overall aim at the West Cumbria Mental Health Partnership Recovery College is to improve hope for everyone that uses our service.

Where is the WCMHP Recovery College based?

We have bases in Allerdale and Copeland where we provide a range of courses and groups.

When are the sessions on and how much do they cost?

The sessions run on a 6-week block timetable format, with drop in sessions in between. Timetables are published online on the website, social media and sent out via email to those on our mailing list. Sessions are fully funded by grants and donations.

What is the difference between a course and a group?

A course typically lasts 4-6 sessions and follows a set structure, a group is ongoing and the people attending the group often discuss the theme and activities of the group more informally than a course.

What is the attendance criteria?

If you join a course we would like you to attend all of the sessions if you can, but we understand that life gets in the way sometimes and we would encourage you to attend as much as you can. It is OK to repeat our courses if you'd like to. A group is ongoing and you can freely pop in and out of the group sessions as you need to.

Would I be able to volunteer at the Recovery College?

Yes, absolutely. We would recommend that you attend some of the sessions or groups to gain an insight to the organisation first and then contact our Team Leader to begin the process of becoming a volunteer with us.